# Printable Stroop Test

Stroop Color and Word Test (SCWT) — Card Sheet

## Block A · Matching (word and ink color agree)

*Say the ink color of each word — left to right, top to bottom.*

| | | | | |
|---|---|---|---|---|
| BLUE | YELLOW | GREEN | RED | BLUE |
| RED | GREEN | YELLOW | RED | RED |
| BLUE | RED | YELLOW | GREEN | RED |
| GREEN | YELLOW | GREEN | BLUE | GREEN |
| RED | YELLOW | BLUE | BLUE | YELLOW |
| RED | YELLOW | BLUE | GREEN | RED |
| GREEN | YELLOW | BLUE | GREEN | RED |
| GREEN | YELLOW | BLUE | BLUE | YELLOW |

## Block B · Conflicting (word and ink color differ)

*Same task: name the ink color and ignore what each word says.*

| | | | | |
|---|---|---|---|---|
| BLUE | GREEN | GREEN | GREEN | YELLOW |
| RED | YELLOW | RED | GREEN | RED |
| BLUE | GREEN | GREEN | YELLOW | BLUE |
| BLUE | YELLOW | RED | RED | RED |
| RED | BLUE | GREEN | RED | RED |
| RED | RED | BLUE | RED | RED |
| GREEN | BLUE | GREEN | YELLOW | GREEN |
| YELLOW | RED | RED | RED | YELLOW |

# Instructions & Scoring

1. Print one copy per participant. Keep the card sheet (page 1) covered until you begin.

2. Block A (matching): the participant says the ink color of each word aloud, going left to right, top to bottom. A partner records the total time in seconds and counts errors (wrong color, skips, corrected stumbles).

3. Block B (conflicting): same task — name the ink color and ignore what each word says. Record time and errors again.

4. Interference score = Block B time − Block A time. A positive difference is expected: the conflicting words slow you down.

5. For a fair comparison, run both blocks on the same person, on the same day, in the same order.

## Scoring Table

| Run | Block A time (s) | Block A errors | Block B time (s) | Block B errors | Interference (s) |
|---|---|---|---|---|---|
| Run 1 | | | | | |
| Run 2 | | | | | |
| Run 3 | | | | | |

### What the numbers mean

A smaller interference difference suggests stronger inhibition of the automatic reading response. Because paper versions vary in length and layout, compare a participant's runs against their own earlier runs rather than against other people.

*This sheet is for educational and demonstration purposes only. It is not a clinical or diagnostic tool. Reference: Stroop, J. R. (1935). Studies of interference in serial verbal reactions. Journal of Experimental Psychology, 18(6), 643-662.*